

Halloween

is a real treat!



Follow these simple tips to help prepare and protect your family for the big night:



Give children a light meal or snack before they go trick-or-treating—don't send them out on an empty stomach.



Tell children not to accept—and especially not eat—anything that isn't wrapped.



If children want a tasty sweet, urge them to wait until they get home so you can inspect their loot before they eat any of it.



Inspect wrapped treats for signs of tampering like unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.



If your child has a food allergy, check the label to make sure the allergen isn't listed. (*Important Note: Candy purchased in bulk bags may not be individually labeled with ingredients or allergen warnings.*)



If you have very young children, remove any choking hazards like gum, peanuts, hard candies, or small toys.



Before and after eating treats, wash your hands with soap and warm water for 20 seconds.

